

KNOW YOUR FATS

MONOUNSATURATED HEALTHY

Examples: Avocado, canola oil, nuts, olive oil and peanut butter.

Enjoy in moderation.



POLYUNSATURATED HEALTHY

Examples: Corn oil, sesame oil, sunflower seeds and fatty fish like salmon and trout.

Enjoy in moderation.



SATURATED UNHEALTHY

Examples: Coconut oil, fatty meats, and whole or 2 percent dairy foods.

Limit.



TRANS FATS UNHEALTHY

Examples: Shortening, stick margarine and some fried foods.

Avoid.



THE BOTTOM LINE: Replace unhealthy fats with healthier options.